

# CERTIFICATE

OF CREATIVE EXCELLENCE

Proudly Presented To

*Justin Riggs*

For your creative expression in our Mental Health Awareness  
Poetry Contest at the Howard County Detention Center.



*Margaret M. Chippendale*

Margaret M. Chippendale  
Director

July 14, 2023

Date



# Certificate of Completion



This is to certify that

*Justin Reggs*

has successfully completed the entire

## GNJPM Bible Correspondence Course

*Chaplain Wakely*  
Course Administrator

*September 21, 2023*  
Date

*John E*  
President

# Certificate of Completion



This is to certify that

*Justin Reggs*

has successfully completed the entire

## GNJPM Bible Correspondence Course

*Chaplain Wakely*  
Course Administrator

*September 21, 2023*  
Date

*John E*  
President



# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

COGNITIVE STRATEGIES FOR SELF-CONTROL

Presented to

JUSTIN RIGGS

SEP 21, 2023

DATE

*Vincent Townsend*

SIGNATURE

# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

COGNITIVE STRATEGIES FOR SELF-CONTROL

Presented to

JUSTIN RIGGS

SEP 21, 2023  
DATE

*Vincent Townsend*  
SIGNATURE

# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

**IN-THE-MOMENT STRATEGIES FOR SELF-CONTROL**

Presented to

**JUSTIN RIGGS**

SEP 21, 2023  
DATE

*Vincent Townsend*  
SIGNATURE

# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

**IN-THE-MOMENT STRATEGIES FOR SELF-CONTROL**

Presented to

**JUSTIN RIGGS**

SEP 21, 2023  
DATE

*Vincent Townsend*  
SIGNATURE



# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

JOURNALING - WHAT IS IT AND WHAT ARE THE BENEFITS?

Presented to

JUSTIN RIGGS

SEP 21, 2023  
DATE

*Vincent Townsend*  
SIGNATURE



# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

JOURNALING - WHAT IS IT AND WHAT ARE THE BENEFITS?

Presented to

JUSTIN RIGGS

SEP 21, 2023

DATE

*Vincent Townsend*

SIGNATURE

# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

**PARENTING: WHY MAINTAIN RELATIONSHIPS**

Presented to

**JUSTIN RIGGS**

SEP 21, 2023  
DATE

*Vincent Townsend*  
SIGNATURE

# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

**PARENTING: WHY MAINTAIN RELATIONSHIPS**

Presented to

**JUSTIN RIGGS**

SEP 21, 2023  
DATE

*Vincent Townsend*  
SIGNATURE



# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

ROA - ROCK OF AGES: THE BIBLE

Presented to

JUSTIN RIGGS

SEP 22, 2023  
DATE

*Vincent Townsend*  
SIGNATURE

# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

ROA - ROCK OF AGES: THE BIBLE

Presented to

JUSTIN RIGGS

SEP 22, 2023  
DATE

*Vincent Townsend*  
SIGNATURE

# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

ADAPTABILITY: WHY IT MATTERS AND HOW TO DEVELOP IT

Presented to

JUSTIN RIGGS

SEP 27, 2023

DATE

*Vincent Townsend*

SIGNATURE



# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

**ADAPTABILITY: WHY IT MATTERS AND HOW TO DEVELOP IT**

Presented to

**JUSTIN RIGGS**

SEP 27, 2023  
DATE

*Vincent Townsend*  
SIGNATURE

# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

**12 STEPS TO RECOVERY: PART ONE**

Presented to

**JUSTIN RIGGS**

SEP 28, 2023  
DATE

*Vincent Townsend*  
SIGNATURE

# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

**12 STEPS TO RECOVERY: PART ONE**

Presented to

**JUSTIN RIGGS**

SEP 28, 2023  
DATE

*Vincent Townsend*  
SIGNATURE



# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

COMMON MENTAL HEALTH PROBLEMS: BEYOND COPING SKILLS

Presented to

JUSTIN RIGGS

SEP 28, 2023

DATE

*Vincent Townsend*

SIGNATURE

# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

COMMON MENTAL HEALTH PROBLEMS: BEYOND COPING SKILLS

Presented to

JUSTIN RIGGS

SEP 28, 2023

DATE

*Vincent Townsend*  
SIGNATURE

# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

COMMON MENTAL HEALTH PROBLEMS: PTSD

Presented to

JUSTIN RIGGS

SEP 28, 2023  
DATE

*Vincent Townsend*  
SIGNATURE



# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

COMMON MENTAL HEALTH PROBLEMS: PTSD

Presented to

JUSTIN RIGGS

SEP 28, 2023

DATE

*Vincent Townsend*

SIGNATURE

# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

MENTAL HEALTH: PTSD

Presented to

JUSTIN RIGGS

SEP 28, 2023

DATE

*Vincent Townsend*

SIGNATURE

# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

MENTAL HEALTH: PTSD

Presented to

JUSTIN RIGGS

SEP 28, 2023  
DATE

*Vincent Townsend*  
SIGNATURE

# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

UNDERSTANDING POST-TRAUMATIC STRESS DISORDER (PTSD)

Presented to

JUSTIN RIGGS

SEP 28, 2023  
DATE

*Vincent Townsend*  
SIGNATURE



# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

UNDERSTANDING POST-TRAUMATIC STRESS DISORDER (PTSD)

Presented to

JUSTIN RIGGS

SEP 28, 2023

DATE

*Vincent Townsend*

SIGNATURE

# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

## 3 DIMENSIONS OF FOCUS

Presented to

JUSTIN RIGGS

SEP 29, 2023  
DATE

*Vincent Townsend*  
SIGNATURE

# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

## 3 DIMENSIONS OF FOCUS

Presented to

JUSTIN RIGGS

SEP 29, 2023

DATE

*Vincent Townsend*

SIGNATURE

# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

**12 STEPS TO RECOVERY: PART TWO**

Presented to

**JUSTIN RIGGS**

SEP 29, 2023  
DATE

*Vincent Townsend*  
SIGNATURE



# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

**12 STEPS TO RECOVERY: PART TWO**

Presented to

**JUSTIN RIGGS**

SEP 29, 2023

**DATE**

*Vincent Townsend*

**SIGNATURE**

CERTIFICATE  
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

AGGRESSION MANAGEMENT

Presented to

JUSTIN RIGGS

SEP 29, 2023  
DATE

*Vincent Townsend*  
SIGNATURE

# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

ANGER MANAGEMENT AND COGNITIVE BEHAVIORAL THERAPY

Presented to

JUSTIN RIGGS

SEP 29, 2023  
DATE

*Vincent Townsend*  
SIGNATURE

# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

BEING AN INVOLVED FATHER: IT'S EASIER THAN YOU THINK

Presented to

JUSTIN RIGGS

SEP 29, 2023  
DATE

*Vincent Townsend*  
SIGNATURE



# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

COMMON MENTAL HEALTH PROBLEMS: DEPRESSION

Presented to

JUSTIN RIGGS

SEP 29, 2023  
DATE

*Vincent Townsend*  
SIGNATURE

CERTIFICATE  
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

CO-PARENTING TRAINING

Presented to

JUSTIN RIGGS

SEP 29, 2023  
DATE

*Vincent Townsend*  
SIGNATURE

# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

COMMON MENTAL HEALTH PROBLEMS: GENERALIZED ANXIETY

Presented to

JUSTIN RIGGS

SEP 30, 2023  
DATE

*Vincent Townsend*  
SIGNATURE

# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

COMMON MENTAL HEALTH PROBLEMS: GENERALIZED ANXIETY

Presented to

JUSTIN RIGGS

SEP 30, 2023  
DATE

*Vincent Townsend*  
SIGNATURE



# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

HOW TO DEVELOP A STRONG INTERNAL LOCUS OF CONTROL

Presented to

JUSTIN RIGGS

SEP 30, 2023

DATE

*Vincent Townsend*

SIGNATURE

# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

## HOW TO BOOST SELF-AWARENESS

Presented to

JUSTIN RIGGS

OCT 01, 2023  
DATE

*Vincent Townsend*  
SIGNATURE

# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

## HOW TO IMPROVE REASONING SKILLS

Presented to

JUSTIN RIGGS

OCT 03, 2023  
DATE

*Vincent Townsend*  
SIGNATURE

# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

PERSONAL VALUES

JUSTIN RIGGS

Presented to

OCT 03, 2023  
DATE

*Vincent Townsend*  
SIGNATURE



# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

## 12-STEP PROGRAM

Presented to

JUSTIN RIGGS

OCT 03, 2023  
DATE

*Vincent Townsend*  
SIGNATURE

# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

COMMON MENTAL HEALTH PROBLEMS

Presented to

JUSTIN RIGGS

OCT 04, 2023  
DATE

*Vincent Townsend*  
SIGNATURE

# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

**PARENTING WHILE INCARCERATED**

Presented to

**JUSTIN RIGGS**

OCT 04, 2023

**DATE**

*Vincent Townsend*

**SIGNATURE**

# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

ANGER MANAGEMENT FOR SUBSTANCE ABUSE AND MENTAL HEALTH CLIENTS

Presented to

JUSTIN RIGGS

OCT 07, 2023  
DATE

*Vincent Townsend*  
SIGNATURE



# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

COMORBIDITY: SUBSTANCE USE DISORDERS AND OTHER MENTAL ILLNESSES

Presented to

JUSTIN RIGGS

OCT 08, 2023  
DATE

*Vincent Townsend*  
SIGNATURE

# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

## COPING WITH STRESS

Presented to

JUSTIN RIGGS

OCT 08, 2023  
DATE

*Vincent Townsend*  
SIGNATURE

# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

**DEPRESSION: WHAT YOU NEED TO KNOW**

Presented to

**JUSTIN RIGGS**

OCT 08, 2023  
DATE

*Vincent Townsend*  
SIGNATURE

# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

**GRIEF: HOW TO ENDURE IT**

Presented to

**JUSTIN RIGGS**

OCT 08, 2023  
DATE

*Vincent Townsend*  
SIGNATURE



# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

COGNITIVE BEHAVIORAL THERAPY

Presented to

JUSTIN RIGGS

OCT 09, 2023  
DATE

*Vincent Townsend*  
SIGNATURE

# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

**POSITIVE BUT REALISTIC THINKING**

Presented to

**JUSTIN RIGGS**

OCT 09, 2023  
DATE

*Vincent Townsend*  
SIGNATURE

# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

## DISCIPLINE FOR FATHERS

Presented to

JUSTIN RIGGS

OCT 10, 2023  
DATE

*Vincent Townsend*  
SIGNATURE

# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

**RISK TAKING**

**JUSTIN RIGGS**

Presented to

OCT 10, 2023  
DATE

*Vincent Townsend*  
SIGNATURE



# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

**VICTIM AWARENESS**

Presented to

**JUSTIN RIGGS**

OCT 10, 2023  
DATE

*Vincent Townsend*  
SIGNATURE

# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

**PRACTICING MINDFULNESS**

Presented to

**JUSTIN RIGGS**

OCT 11, 2023  
DATE

*Vincent Townsend*  
SIGNATURE

# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

**SELF-CONTROL - USING THE SOS METHOD**

Presented to

**JUSTIN RIGGS**

OCT 11, 2023  
DATE

*Vincent Townsend*  
SIGNATURE

# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

HEALTH EFFECTS OF METHAMPHETAMINE

Presented to

JUSTIN RIGGS

OCT 12, 2023  
DATE

*Vincent Townsend*  
SIGNATURE



# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

**MAKE A DIFFERENCE**

Presented to

**JUSTIN RIGGS**

OCT 12, 2023  
DATE

*Vincent Townsend*  
SIGNATURE

# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

**MENTAL HEALTH: ANXIETY DISORDER**

Presented to

**JUSTIN RIGGS**

OCT 12, 2023  
DATE

*Vincent Townsend*  
SIGNATURE

# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

**MENTAL HEALTH: YOU AND YOUR COMMUNITY**

Presented to

**JUSTIN RIGGS**

OCT 12, 2023  
DATE

*Vincent Townsend*  
SIGNATURE

# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

**MENTAL HEALTH: DUAL DIAGNOSIS**

Presented to

**JUSTIN RIGGS**

OCT 12, 2023  
DATE

*Vincent Townsend*  
SIGNATURE



# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

## MOTIVATION TO CHANGE

Presented to

JUSTIN RIGGS

OCT 12, 2023  
DATE

*Vincent Townsend*  
SIGNATURE

# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

## NAVIGATING A MENTAL HEALTH CRISIS

Presented to

JUSTIN RIGGS

OCT 12, 2023  
DATE

*Vincent Townsend*  
SIGNATURE

# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

PARENTING: A FATHER'S LAUGHTER

Presented to

JUSTIN RIGGS

OCT 12, 2023  
DATE

*Vincent Townsend*  
SIGNATURE

# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

**SOCIAL ANXIETY**

**JUSTIN RIGGS**

Presented to

OCT 12, 2023  
DATE

*Vincent Townsend*  
SIGNATURE



# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

**TRIGGERS AND CRAVINGS**

Presented to

**JUSTIN RIGGS**

OCT 12, 2023  
DATE

*Vincent Townsend*  
SIGNATURE

# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

## UNDERSTANDING ANXIETY DISORDERS

Presented to

JUSTIN RIGGS

OCT 12, 2023  
DATE

*Vincent Townsend*  
SIGNATURE

# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

UNDERSTANDING HOW ATTITUDES AFFECT BEHAVIOR

Presented to

JUSTIN RIGGS

OCT 12, 2023  
DATE

*Vincent Townsend*  
SIGNATURE

# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

## BUILDING BONDS

JUSTIN RIGGS

Presented to

OCT 13, 2023  
DATE

*Vincent Townsend*  
SIGNATURE



# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

## CHANGING YOUR THINKING

Presented to

JUSTIN RIGGS

OCT 13, 2023  
DATE

*Vincent Townsend*  
SIGNATURE

# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

## COMMUNICATING WITH EXCELLENCE

Presented to

JUSTIN RIGGS

OCT 13, 2023  
DATE

*Vincent Townsend*  
SIGNATURE

# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

## CONFLICT RESOLUTION

Presented to

JUSTIN RIGGS

OCT 13, 2023  
DATE

*Vincent Townsend*  
SIGNATURE

# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

## HARMFUL INTERACTIONS

Presented to

JUSTIN RIGGS

OCT 13, 2023  
DATE

*Vincent Townsend*  
SIGNATURE



# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

**HOW TO BE PATIENT**

Presented to

**JUSTIN RIGGS**

OCT 13, 2023  
DATE

*Vincent Townsend*  
SIGNATURE

# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

## HOW TO HEAL FAMILY WOUNDS

Presented to

JUSTIN RIGGS

OCT 13, 2023  
DATE

*Vincent Townsend*  
SIGNATURE

# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

MULTIPLE PATHWAYS OF RECOVERY - A GUIDE FOR INDIVIDUALS AND FAMILIES

Presented to

JUSTIN RIGGS

OCT 13, 2023  
DATE

*Vincent Townsend*  
SIGNATURE

# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

RETHINKING DRINKING

Presented to

JUSTIN RIGGS

OCT 13, 2023  
DATE

*Vincent Townsend*  
SIGNATURE



# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

## TREATMENT FOR ALCOHOL PROBLEMS

Presented to

JUSTIN RIGGS

OCT 13, 2023  
DATE

*Vincent Townsend*  
SIGNATURE

# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

## PARENTING: A FATHER'S STORY

Presented to

JUSTIN RIGGS

OCT 14, 2023  
DATE

*Vincent Townsend*  
SIGNATURE

# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

**PARENTING: BACK IN TOUCH**

Presented to

**JUSTIN RIGGS**

OCT 14, 2023  
DATE

*Vincent Townsend*  
SIGNATURE

# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

## PEERS AND RELATIONSHIPS

Presented to

JUSTIN RIGGS

OCT 14, 2023  
DATE

*Vincent Townsend*  
SIGNATURE



# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

FATHERHOOD CHANGES EVERYTHING: BE A PRESENT FATHER

Presented to

JUSTIN RIGGS

OCT 15, 2023  
DATE

*Vincent Townsend*  
SIGNATURE

# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

**PARENTING: COMMUNICATION TIPS FOR FAMILIES**

Presented to

**JUSTIN RIGGS**

OCT 15, 2023  
DATE

*Vincent Townsend*  
SIGNATURE

# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

**PARENTING: FOREVER FAMILY**

Presented to

**JUSTIN RIGGS**

OCT 15, 2023  
DATE

*Vincent Townsend*  
SIGNATURE

# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

**PARENTING: GET CREATIVE, STAY CONNECTED**

Presented to

**JUSTIN RIGGS**

OCT 15, 2023  
DATE

*Vincent Townsend*  
SIGNATURE



# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

**PARENTING: HEALTHY RELATIONSHIPS**

Presented to

**JUSTIN RIGGS**

OCT 15, 2023  
DATE

*Vincent Townsend*  
SIGNATURE

# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

**PARENTING: LONG DISTANCE DADS**

Presented to

**JUSTIN RIGGS**

OCT 15, 2023  
DATE

*Vincent Townsend*  
SIGNATURE

# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

PARENTING: PRAISE WITH A PURPOSE

Presented to

JUSTIN RIGGS

OCT 15, 2023  
DATE

*Vincent Townsend*  
SIGNATURE

# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

PARENTING: QUESTIONS CHILDREN ASK

Presented to

JUSTIN RIGGS

OCT 16, 2023  
DATE

*Vincent Townsend*  
SIGNATURE



# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

**PARENTING: STEPS IN THE RIGHT DIRECTION**

Presented to

**JUSTIN RIGGS**

OCT 16, 2023  
DATE

*Vincent Townsend*  
SIGNATURE

# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

**PARENTING: THE COURAGE TO FAIL**

Presented to

**JUSTIN RIGGS**

OCT 16, 2023  
DATE

*Vincent Townsend*  
SIGNATURE

# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

**PARENTING: THE OTHER TERRIBLE TOOS**

Presented to

**JUSTIN RIGGS**

OCT 16, 2023  
DATE

*Vincent Townsend*  
SIGNATURE

# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

**PARENTING: TIPS FROM A FATHER IN PRISON**

Presented to

**JUSTIN RIGGS**

OCT 16, 2023  
DATE

*Vincent Townsend*  
SIGNATURE



# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

**PARENTING: UNBREAKABLE BOND**

Presented to

**JUSTIN RIGGS**

OCT 16, 2023  
DATE

*Vincent Townsend*  
SIGNATURE

# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

**PARENTING: VISITING MOM OR DAD**

Presented to

**JUSTIN RIGGS**

OCT 16, 2023  
DATE

*Vincent Townsend*  
SIGNATURE

# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

## THE ISSUE WITH ABSENT FATHERS

Presented to

JUSTIN RIGGS

OCT 16, 2023  
DATE

*Vincent Townsend*  
SIGNATURE

# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

HEART HEALTHY LIVING

Presented to

JUSTIN RIGGS

OCT 17, 2023  
DATE

*Vincent Townsend*  
SIGNATURE



# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

DEVELOPING INITIATIVE: A KEY ATTITUDE FOR PERSONAL EFFECTIVENESS

Presented to

JUSTIN RIGGS

OCT 27, 2023  
DATE

*Vincent Townsend*  
SIGNATURE

CERTIFICATE  
OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

INTERPERSONAL COMMUNICATION

Presented to

JUSTIN RIGGS

OCT 30, 2023  
DATE

*Vincent Townsend*  
SIGNATURE

# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

ORGANIZATIONAL COMMUNICATION

Presented to

JUSTIN RIGGS

OCT 30, 2023  
DATE

*Vincent Townsend*  
SIGNATURE

# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

EMPLOYABILITY SKILLS B-3 USE INTERPERSONAL COMMUNICATION SKILLS

Presented to

JUSTIN RIGGS

NOV 11, 2023  
DATE

*Vincent Townsend*  
SIGNATURE



# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

## FOUNDATIONS OF HUMAN COMMUNICATION

Presented to

JUSTIN RIGGS

NOV 11, 2023  
DATE

*Vincent Townsend*  
SIGNATURE

# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

**WORTH & WELLNESS: MENTAL WELLNESS**

Presented to

**JUSTIN RIGGS**

NOV 11, 2023  
DATE

*Vincent Townsend*  
SIGNATURE

# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

WORKING THROUGH NEGATIVE EMOTIONS: PART 2: JEALOUSY

Presented to

JUSTIN RIGGS

NOV 11, 2023  
DATE

*Vincent Townsend*  
SIGNATURE

# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

WORKING THROUGH NEGATIVE EMOTIONS: PART 3: IS IT PRIDE OR EGO?

Presented to

JUSTIN RIGGS

NOV 11, 2023  
DATE

*Vincent Townsend*  
SIGNATURE



# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

WORKING THROUGH NEGATIVE EMOTIONS: PART 1: RESENTMENT

Presented to

JUSTIN RIGGS

NOV 11, 2023

DATE

*Vincent Townsend*

SIGNATURE

# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

**WORTH AND WELLNESS - EXERCISE**

Presented to

**JUSTIN RIGGS**

NOV 13, 2023  
DATE

*Vincent Townsend*  
SIGNATURE

# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

**WORTH AND WELLNESS LIFE SKILLS**

Presented to

**JUSTIN RIGGS**

NOV 13, 2023  
DATE

*Vincent Townsend*  
SIGNATURE

# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

**WORTH AND WELLNESS - NUTRITION**

Presented to

**JUSTIN RIGGS**

NOV 13, 2023  
**DATE**

*Vincent Townsend*  
**SIGNATURE**



# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

**WORTH & WELLNESS: THRIVING COMMUNITY**

Presented to

**JUSTIN RIGGS**

NOV 13, 2023  
DATE

*Vincent Townsend*  
SIGNATURE

# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

WORTH AND WELLNESS - YOUR EVERYDAY JOURNEY

Presented to

JUSTIN RIGGS

OCT 13, 2023  
DATE

*Vincent Townsend*  
SIGNATURE

# CERTIFICATE OF SUCCESSFUL COMPLETION



This certificate is proudly presented for successfully completing:

**NORTH POINT MINISTRIES-STARTING OVER**

Presented to

**JUSTIN RIGGS**

NOV 15, 2023  
DATE

*Vincent Townsend*  
SIGNATURE



# CERTIFICATE OF ACHIEVEMENT

Awarded to

**Justin Riggs**

for successfully participating in the CorrespondARTS Program, a 6-month Distance Learning Course in Visual Art and Creative Writing at the Howard County Detention Center.

*Carleen Quiroga*

Visual Art Instructor

*Wendy Jason*

Founder / Director: Justice Arts Coalition

*Leslie Bumstead*

Creative Writing Instructor

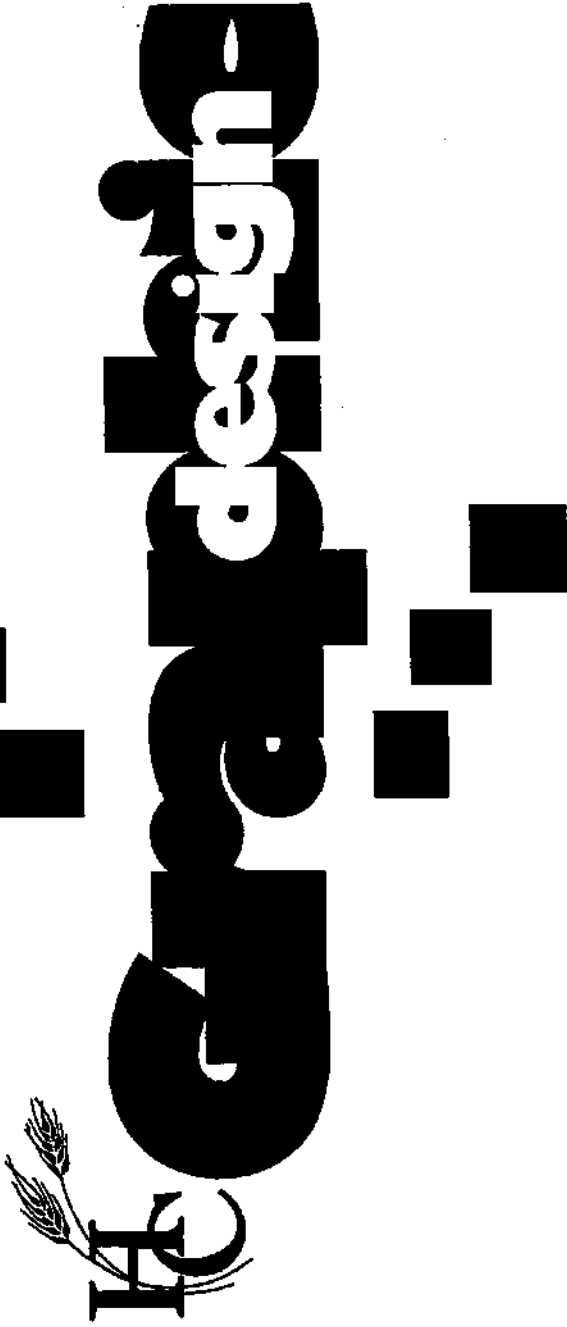
22<sup>nd</sup> February 2024



JUSTICE  
ARTS  
COALITION







**Awarded To:**  
**Justin Riggs**  
for completing a 40 hour comprehensive introductory  
curriculum for Graphic Design utilizing Adobe Illustrator

***Thomas Lane Jr.***  
Thomas Lane Jr.  
Visual Communicator, UI/UX Certified Designer